



Missouri Secretary of State  
**State Library**

# Self-Care in the Library

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CHILDREN AND TEENS SERVICES FORUM

JUNE 19, 2020

# Burnout and Compassion Fatigue

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Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress. (Psychology Today 2020)

Compassion Fatigue is a condition in which someone becomes numb to the suffering of others, feels less able to display empathy toward them, or loses hope in their ability to help. (Psychology Today 2020)

## Signs of Burnout

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Physical and mental exhaustion

A sense of dread about work

Feeling of cynicism, anger, and irritability

Feeling you can no longer do your job effectively

(Psychology Today 2020)

## Signs of Compassion Fatigue

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- Feeling burdened by the suffering of others
- Blaming others for their suffering
- Isolating yourself
- Loss of pleasure in life
- Difficulty concentrating
- Insomnia
- Physical and mental fatigue
- Bottling up your emotions
- Increased nightmares
- Feelings of hopelessness and powerlessness
- Frequent complaining about your work or your life
- Overeating
- Excessive use of drugs or alcohol
- Poor self-care
- Beginning to receive a lot of complaints about your work or attitude
- Denial

(Bourg Carter 2014)

# Compassion Fatigue Awareness Project

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Resources

Suggested Readings

ProQoL (Professional Quality of Life Scale) and Life Stress Tests

<https://www.compassionfatigue.org/>

## What We Can Do – Physical Health

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- Eat a healthy diet
- Drink plenty of water
- Get 7 to 8 hours of sleep each night
- Exercise every day
- Take deep breaths and stretch often
- Avoid risky behaviors such as alcohol, drugs, or gambling
- Spend time outside but be sure to practice social distancing

## What Can We Do – Mental Health

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Maintain a routine at home

Focus on things you can control

Focus on the present and things to be grateful for

Listen to music

Read books

Consume reliable news sources

Lean on your personal beliefs for support

Look for ways to help your community

Acknowledge what others are doing to help your community

## Self-Care for Coping

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- Breathe in fresh air
- Snuggle under a cozy blanket
- Take a hot shower
- Get a massage
- Cuddle with a pet
- Garden
- Watch a movie
- Journal – write your feelings down
- Meditate
- Yoga
- Take a nap
- Call a friend
- Join a support group



## Remember to...

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Cry when you need to

Laugh when you can

## Additional Resources

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<https://thewholeu.uw.edu/2020/03/19/virtual-fitness-classes/>

<https://www.bbc.com/worklife/article/20200305-how-burnout-affects-mental-health-workers>

<https://www.insidehighered.com/advice/2020/04/28/advice-faculty-help-them-avoid-burnout-during-pandemic-opinion>

<https://www.slj.com/?detailStory=as-compassion-fatigue-takes-its-toll-schools-public-libraries-take-steps-to-support-librarians>

<https://floridalibrarywebinars.org/wp-content/uploads/2017/11/1.25.18-Self-Care.pdf>

## Additional Resources

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<https://support.swanlibraries.net/tutorial/72443>

<https://letterstoayounglibrarian.blogspot.com/2015/06/preventing-librarian-burnout.html>

<https://www.compassionfatigue.org/>

[https://www.proqol.org/uploads/ProQOL\\_5\\_English\\_Self-Score\\_3-2012.pdf](https://www.proqol.org/uploads/ProQOL_5_English_Self-Score_3-2012.pdf)

<https://www.goodtherapy.org/blog/psychpedia/compassion-fatigue>

<https://ala-apa.org/newsletter/2009/12/01/spotlight-2/>

## Resources

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Bourg Carter, Sherrie. "Are You Suffering from Compassion Fatigue?" *Psychology Today*, Sussex Publishers, 28 July 2014, [www.psychologytoday.com/us/blog/high-octane-women/201407/are-you-suffering-compassion-fatigue](http://www.psychologytoday.com/us/blog/high-octane-women/201407/are-you-suffering-compassion-fatigue).

"Burnout." *Psychology Today*, Sussex Publishers, [www.psychologytoday.com/us/basics/burnout](http://www.psychologytoday.com/us/basics/burnout).

Markway, Greg. "Seven Types of Self-Care Activities for Coping with Stress." *Psychology Today*, Sussex Publishers, 16 Mar. 2014, [www.psychologytoday.com/us/blog/shyness-is-nice/201403/seven-types-self-care-activities-coping-stress](http://www.psychologytoday.com/us/blog/shyness-is-nice/201403/seven-types-self-care-activities-coping-stress).

"Self-Care Tips during the COVID-19 Pandemic." *Self-Care during the COVID-19 Pandemic - Mayo Clinic Health System*, 7 Apr. 2020, [www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/self-care-tips-during-the-covid-19-pandemic](http://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/self-care-tips-during-the-covid-19-pandemic).